

We claim:

1. A method of treating prostatic disorders comprising:
  - a) directly administering a photosensitizer to the prostate tissue of a subject afflicted with or suspected of being afflicted with a prostatic disorder; and
  - b) irradiating the prostate tissue with energy at a wavelength appropriate to activate the photosensitizer, wherein the photosensitizer is administered utilizing a delivery device comprising a channel for insertably receiving a guidewire therethrough, and the activation energy is delivered utilizing an irradiation apparatus comprising an energy source and a channel for insertably receiving a guidewire therethrough, and a guidewire is utilized to position the delivery device and/or the irradiation apparatus.
2. The method of claim 1, wherein the photosensitizer is administered by injection.
3. The method of claim 1, wherein the guidewire is used to position both the delivery device and the irradiation apparatus.
4. The method of claim 1, wherein the irradiation apparatus comprises an inflatable anchor chamber and an inflatable treatment chamber.
5. The method of claim 1, wherein the delivery device is compatible with a cystoscope that permits the insertable positioning of the delivery device within the urethra of the subject and adjacent to the prostate tissue.
6. The method of claim 1, wherein the guidewire is removed from the subject prior to the irradiating step.
7. The method of claim 1, wherein the prostatic disorder is benign prostatic hyperplasia.
8. The method of claim 1, wherein the guidewire comprises a proximal and distal end and the distal end is pre-positioned in the bladder of the subject prior to slidably inserting the inflatable member over the guidewire.
9. The method of claim 8, wherein the cystoscope and the guidewire are removed from the subject prior to irradiation.

10. The method of claim 1, wherein the light source comprises a proximal and distal end, and further comprising a fiber optic member having a light emitting diffuser situated on the distal end of the fiber optic member.
11. The method of claim 10, wherein the light emitting diffuser is aligned with the treatment chamber prior to irradiating the treatment area.
12. The method of claim 1, wherein the peak concentration of photosensitizer is from 3mm to about 25mm from the wall of the urethra.
13. The method of claim 1, wherein the peak concentration of photosensitizer is from about 5mm to about 20mm from the wall of the urethra.
14. The method of claim 1, wherein the peak concentration of photosensitizer is from about 7mm to about 15mm from the wall of the urethra.
15. The method of claim 1, wherein the photosensitizer is delivered by transurethral injection into the prostate.
16. The method of claim 1, wherein the photosensitizer is selected from pro-porphyrins, porphyrins, and mixtures thereof.
17. The method of claim 1, wherein the photosensitizer is selected from green porphyrins.
18. The method of claim 1, wherein the light energy is delivered by means of a laser, a fibre optical illumination device, or combination thereof.
19. The method of claim 1, wherein the light energy is delivered transurethrally.
20. The method of claim 1, wherein the photosensitizer is injected directly into the prostate tissue such that the peak concentration of photosensitizer in the prostate is at least 3mm from the urethral wall.
21. The method of claim 1, wherein the photosensitizer is injected into the prostate tissue at least 3mm from the urethral wall.

22. The method of claim 1, wherein the photosensitizer is administered such that the peak concentration in the prostate is a sufficient distance from the urethra so that diffusion of the photosensitizer towards the urethra results in tissue concentrations immediately adjacent to the urethra that are insufficient to cause an adverse photodynamic reaction.
23. The method of claim 1, wherein the peak concentration of photosensitizer in the prostate is a sufficient distance from the prostatic capsule so that light absorbed by the photosensitizer prevents the light from reaching periprostatic tissues beyond the prostatic capsule.
24. A method of treating prostatic disorders comprising:
- a) administering a photosensitizer by transurethral injection to the prostate tissue of a subject afflicted with or suspected of being afflicted with a prostatic disorder; and
  - b) irradiating the prostate tissue with energy at a wavelength appropriate to activate the photosensitizer, wherein the transurethral injection device comprises a channel for insertably receiving a guidewire therethrough, and the activation energy is delivered transurethrally utilizing an irradiation apparatus comprising an energy source and a channel for insertably receiving a guidewire therethrough, wherein the transurethral irradiation apparatus is positioned utilizing a guidewire.
25. A kit for treating prostatic disorders, comprising:
- a) a guidewire;
  - b) a means for a localized introduction of a photosensitizing agent to prostate tissue in a subject to create a treatment area;
  - c) an irradiating member for irradiating the treatment area with a energy at a wavelength appropriate to activate the photosensitizing agent, the irradiating member having a central lumen for slidably receiving the guidewire;
  - d) a cystoscope having a central lumen for slidably receiving the guidewire and/or the means for localized introduction of a photosensitizing agent therethrough.
26. In a balloon catheter device of the type for treating prostatic disorders in a subject utilizing photodynamic therapy (PDT), the improvement comprising:
- a guidewire for positioning the balloon catheter device in the subject to perform the PDT, wherein the balloon catheter is slidably positioned for the delivery of light energy to the prostate tissue of the subject over the guidewire, and after the guidewire is pre-positioned in the subject.